

## What is Fun with Senior Fitness?

Fun with Senior Fitness was started in 2002 by the Active Aging Community Task Force.



Instructors are trained to lead seniors in exercises designed to improve balance, flexibility, strength, and posture for functional fitness.



### For questions or additional information contact:

Karen Ambrecht  
530-225-5854

kambrecht@co.shasta.ca.us



### Fun With Senior Fitness

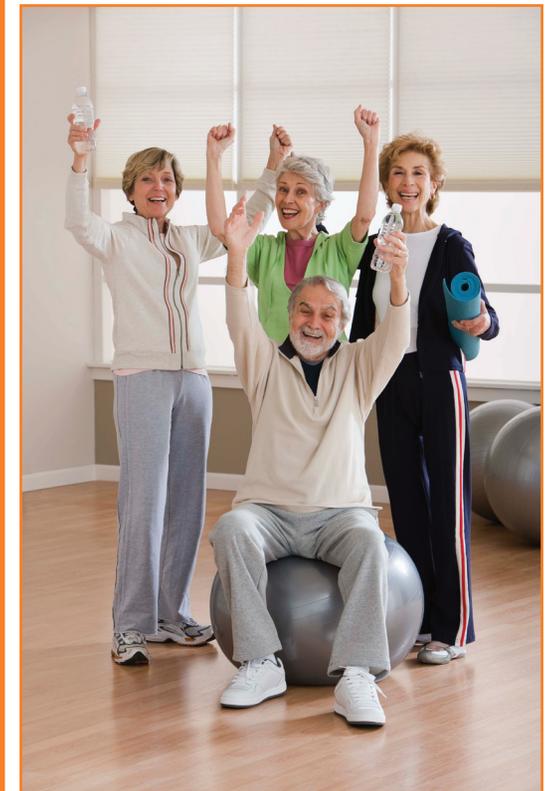


Health and Human Services Agency  
Public Health Branch

[www.shastahhsa.net](http://www.shastahhsa.net)

For CalFresh information, call 1-877-652-0731.  
Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.

# Fun With Senior Fitness



**Physical Activity . . .**  
the benefits are ageless!

## Who can attend?

Anyone age 50 or older, physically able, and with doctor's permission. Bring your friends and enjoy a fun workout.



## How much does it cost?

Most classes are free.  
Call for more information.

## How can I become a trainer?

Trainings are offered to anyone that is interested in volunteering to teach a Fun with Senior Fitness class. Prior teaching experience is not necessary to teach classes. Instructor training is offered free once a year. The training focuses on how to teach easy balance and strength exercises modified for seniors.



Call 530-225-5854 for additional information or to sign up

## Where are classes held?

Ongoing Fun with Senior Fitness classes are held throughout Shasta County. Call 530-225-5854 or visit [www.shastahhsa.net](http://www.shastahhsa.net) then click on Health & Safety for list of class locations.

